



Long Beach Lifeguard Patrol – Long Beach Chapter USLA

Goals of the Junior Lifeguard Program

The Long Beach Junior Lifeguard program's goal is to educate the community's youth about ocean safety and recreation. Through extensive ocean interaction, exploration, and recreation, the Long Beach Junior Guards gain a well-rounded education that can be utilized on and off the beach. After weeks, each Junior Guard will have a heightened awareness and knowledge of becoming a future lifeguard, while have been making new friends.

Activities Planned

The Long Beach Junior Lifeguard Program will be under the supervision of the Long Beach Lifeguard Patrol personnel and staff. Boys and Girls will be instructed in many aspects of beach and water safety and environmental topics, such as: ocean swimming, use of rescue soft boards, lifesaving skills, relay races, running, beach flags, competition and much more!

Important Information

Returning Participants: May pre-register, no try-outs are necessary. Applications and fees are due by May 25th. Please remember you still need to qualify at the swim test. Please see Important Dates document, for your date and time to swim.

New Participants: Must complete application and have it in on or before May 25th, no exceptions will be made. All new participants must attend try-outs on June 16th, at 5:30pm, at the Long Beach Recreation Center. Try-outs will only be held on this date. No other dates will be offered for new participants.

Qualifications for Program & for Swim Tryout:

Applicant **must** be a City of Long Beach Resident OR a Long Beach School District Student. Child **MUST** be 10 years of age or older by July 1, 2016 (no exceptions).

Applicant **must** print out 2016 Waiver Form from Junior Lifeguard website, complete form and bring it to swim try out. If you do not have the proper forms filled out and identification (School ID or Birth Certificate) you will not be permitted to try out. We appreciate your cooperation. Thank you!

*Please note children will only have ONE chance to try-out, **no** make-ups will be given.

To Pass, You Must Be Able To:

All Junior Lifeguards Must tread water in 11 feet of water for a minimum of 1 minute.

All swimming must be in good form, face in water and not breaking stroke.

A **MANDATORY 80%** attendance rate is required of all JLs throughout the program. JL cannot miss more than 2 out of 11 days or jeopardize being released from the program. All types of camps, vacations, and other sport camps count as an absence from the program so please be diligent when scheduling around program. Illness does not count.

Time Standards Are As Follows:

Ages 10 -11 (Group C): must swim 100 yards (4 laps) FREESTYLE in 1 minute 45 seconds

Ages 12 – 13 (Group B): must swim 150 yards (6 laps) FREESTYLE in 2 minutes and 25 seconds

Ages 14 (Group A): must swim 200 yards (8 laps) FREESTYLE in 3 minutes and 25 seconds

Ages 15 (Group AA): must swim 200 yards (8 laps) FREESTYLE in 3 minutes and 10 seconds

Please understand that a child may physically complete all phases of testing and still may not be accepted into the program. The instructors approve a youth's skill level based upon his/her swimming ability, competence and confidence. This is done for the safety of the child, as well as the success of the program. Thank you for your understanding.

New Junior Lifeguard Registration Process

Date: June 20th between 5:30pm – 7pm only

Location: Long Beach Ice Arena

In order to register you must be on cut-off list OR be a returning participant

Child's name must be on our website list that made cut-offs or be returning participants from last year.

Child must be a City of Long Beach Resident OR a Long Beach School District Student to be in program.

There is a REGISTRATION FEE of **\$190.00** to join the Junior Lifeguard Program. Please note the fee includes minimum insurance coverage, a Junior Lifeguard Program uniform and sun care product. Accepted forms of payments are: Cash or Checks made payable to "City of Long Beach". Parents will receive, fill out and sign the Registration form on June 20th.

Parents must bring the following in order to register: **Program Fee (\$190.00), Birth Certificate, Proof of Residency and Current School Report Card.** Please note if you do not have **all** of these items with you, you **will not** be eligible to register your child.

***Long Beach Junior Lifeguard Rash Guards will be available for an additional \$25.00 fee and can be purchased in person after the program starts.**

Any questions, please feel free to email: Director DJ Volosevich at: JrLifeguards@longbeachny.gov with any questions.